

LENTEN EXAMINATION OF CONSCIENCE I

READER 1

We read in St. Paul's letter to the Ephesians: "Brothers and sisters, give thanks to God the Father always and for everything in the name of our Lord Jesus Christ."

READER 2

- ❖ Let us be thankful for the gift of creation; for the beauty of earth, sea and sky; for the rich diversity of flora and fauna; for the great abundance of natural resources that sustain and enrich our lives; for our senses of sight, sound, smell, taste and touch; for our bodies and the gift of our human sexuality. *(Pause.)*
- ❖ Let us be thankful for the gift of other human beings; for parents who gave us life and first taught us the ways of faith and love; for brothers and sisters who help us learn how to share; for spouses and friends who bless our lives with companionship and support; for co-workers who share our labors and join their talents to ours; for teachers, counselors and coaches who help us by their wisdom and guidance; for our nation and its legacy of freedom and democracy. *(Pause.)*
- ❖ Let us be thankful for the gift of faith; for the vocation of holiness and discipleship that is ours by baptism; for the heritage of the Catholic Church that is so rich in diversity and strong in unity; for the example and intercession of the saints; for the Sacraments; for our parish community; and for the gift of salvation in Jesus Christ. *(Pause.)*

READER 1

Let us remember the words of the psalmist: "Have mercy on me, O God, for I acknowledge my offense, and my sin is always before me."

READER 2

- ❖ Let us be sorry and repent for the destruction and abuse of our environment; for our wastefulness; for the tendency to accumulate and to hoard; for the refusal to share our resources with those who are truly in need; for abusing our bodies through overindulgence; and for violating the true purpose and dignity of our sexuality. *(Pause.)*

- ❖ Let us be sorry and repent for using others as objects for our gratification and means for our advancement; for our failure to honor the commitments in our lives; for dishonesty and infidelity in our relationships; for gossip and slander in our conversation; for selfishness and pettiness in our families; for careless and dangerous driving; for failing to carry out the duties of democracy; for apathy toward issues of importance to our world, such as war, hunger, AIDS, debt relief, drug abuse, economic injustice and political oppression; for lack of concern toward the poor, the hungry, the homeless and the sick. *(Pause.)*

- ❖ Let us be sorry and repent for our failure to love God with all our heart and mind and soul; for our refusal to pick up the cross and follow Christ; for our failure to pray and to work for peace as we ought; for our lack of involvement in and support for our parish community; for failing to participate fully, consciously and actively in the Mass; for our hesitancy in speaking and acting as true witnesses and apostles of Christ; for our refusal to forgive; and for our failure to love others as Christ has loved us. *(Pause.)*

LENTEN EXAMINATION OF CONSCIENCE II

READER 1:

The prophet Isaiah foretold that, from the root of Jesse, a new branch would grow, upon whom the Spirit of the Lord would rest—a spirit of wisdom and understanding, a spirit of counsel and strength, a spirit of knowledge and fear of the Lord.

READER 2:

- ❖ Does my life truly reflect the Spirit of God that has been given to me in baptism?
- ❖ Do I manifest to others the joy, the peace, the patience, and the kindness that are the fruits of the Holy Spirit?
- ❖ Do I live my life by the wisdom of the gospel, a wisdom that is foolishness in the eyes of the world?
- ❖ Do I strive to know and to understand my faith more deeply, and to share my faith with others?
- ❖ Do I live my life by the counsel and strength that come from God through prayer?
- ❖ Do I show true reverence for God by worshipping God in a spirit of gratitude and praise?
- ❖ Do I respect the holiness of God, and strive to honor that holiness by imitating it in how I think and speak and act?

READER 1:

Isaiah prophesied the coming of the One who would judge the poor with justice, and decide with equity for the meek of the earth. Justice would be the belt around his waist, and faithfulness the belt upon his hips.

READER 2:

- ❖ Do I show respect for the dignity of others by recognizing that they have been created in the image and likeness of God?
- ❖ Do I show respect for the sacredness of human life from conception to natural death?
- ❖ Do I work to build a culture of life by defending human life in all its forms?
- ❖ Am I attentive and responsive to the needs of others, especially the poor and the lowly?
- ❖ Do I make an effort to see the presence of Christ in the least of his brothers and sisters—the hungry, the homeless, the sick and the stranger?
- ❖ Do I strive to act justly, to love tenderly and to walk humbly with God?
- ❖ Are my relationships with others marked by the qualities of faithfulness and integrity?

- ❖ Are my attitudes towards sexuality, money, power and material possessions true to the teachings of Christ?
- ❖ Do I treat others with a sense of justice and fairness?
- ❖ Am I a good steward of the blessings God has entrusted to me, and do I strive to share my blessings with others in a spirit of gratitude to God?

READER 1:

Isaiah foretold the coming of the day when the wolf shall live with the lamb, and the leopard shall lie down with the kid. The calf and the lion shall browse together, with a little child to lead them. The cow and the bear will feed, and together their young shall rest.

READER 2:

- ❖ Do I strive to be a peacemaker in my home and in my personal relationships? At school and in my place of work? In my parish and in my local community? In my country and in the world?
- ❖ Am I a merciful person? Do I practice forgiveness and reconciliation in my daily life, or do I harbor hatred, resentment and the desire for revenge?
- ❖ Am I working to embrace the conversion of mind, and heart and action to which the gospel summons me, or have I simply conformed my life to the values and attitudes of the world?
- ❖ Am I judgmental and overly critical of others, or do I seek to find the good in them and to call it forth through words of encouragement and affirmation?
- ❖ Do I conduct myself in a way that is courteous and respectful toward others? In how I speak? In how I drive my car? In how I treat those around me?
- ❖ Do I work to build up the Church in truth and love, and to foster communion with my brothers and sisters in Christ?
- ❖ Am I faithful to Christ's command to love others as he has loved me?

LENTEN EXAMINATION OF CONSCIENCE III

READER A: **I am the Lord your God. You shall not have strange gods before me.**

READER B: *Is my relationship with God my top priority, or do I put God after other pursuits and interests in my life?
*Do I sincerely try to live my Catholic faith, or do I just go through the motions?

READER A: **You shall not take the name of the Lord your God in vain.**

READER B: *Do I curse and swear frequently?
*Do speak in ways that are disrespectful of God and others?
*Do I talk in ways that are crude, hurtful or unkind?

READER A: **Remember to keep holy the Lord's Day.**

READER B: *Do I skip Mass on Sunday's and holy days of obligation?
*Do I participate actively at Mass in a genuine spirit of thanks and praise to God?
*Am I a source of distraction to others during Mass?
*Do I pray each and every day?

READER A: **Honor your father and your mother.**

READER B: *Do I respect and obey my parents?
*Do I show my gratitude for all they do for me and give to me?
*Do I listen carefully to my parents and try to understand things from their perspective?
*Am I respectful of my teachers, coaches and other adults who have some degree of authority over me?

READER A: **You shall not kill.**

READER B: *Do I control my temper, or do I frequently speak and act out of anger or impatience?
*Do I hold grudges and try to get even with others?
*Do I regard others with contempt and wish them harm?
*Do I hurt others in the way I speak or act?
*Am I prone to violence speech or action when I get angry or upset?

- *Have I bullied others?
- *Do I drive my car safely and with concern for the well being of others?

READER A: **You shall not commit adultery.**

- READER B:
- *With regard to my sexuality, is my life marked by chastity and genuine respect for others and for myself?
 - *Do I use pornography or entertain lustful and impure thoughts?
 - *Have I engaged in petting or premarital sex?
 - *Do I use sex as a way to be popular or to get what I want?

READER A: **You shall not steal.**

- READER B:
- *Have I taken things that do not belong to me?
 - *Have I taken credit for things I have not done?
 - *Do I cheat on tests or homework?

READER A: **You shall not bear false witness against your neighbor.**

- READER B:
- *Do I gossip and engage in malicious conversation?
 - *Have I ruined another's reputation through slanderous speech?
 - *Am I a truthful person, or do I lie and twist the truth to my advantage?

READER A: **You shall not covet your neighbor's wife.**

- READER B:
- *Have I been jealous of others, or resented their popularity or success?
 - *Am I possessive or controlling in my relationships with others?
 - *Do I put others down to in order to feel better about myself?

READER A: **You shall not covet your neighbor's goods.**

- READER B:
- *Do I envy others because they seem to have more than I do?
 - *Am I overly materialistic, or obsessed with money and things?
 - *Do I share what I have with others who have less?
 - *Do I buy or sell or use alcohol and illegal drugs?

LENTEN EXAMINATION OF CONSCIENCE IV

- READER A: ~ Do I have a genuine love for my neighbors,
or do I use them for my own ends or advantage?
~ Have I failed to love by failing to be honest and trustworthy?
~ Do I engage in gossip or other harmful behavior?
- READER B: ~ Do I contribute to the well-being and happiness of my family,
my parish community and the broader society
by my participation and involvement?
~ Do I show respect for others by listening to them, and by
avoiding judgmental thoughts and attitudes toward them?
~ Do I make hurtful remarks and speak in ways that lack charity?
- READER A: ~ Do I share my possessions with those in need?
~ Do I do my best to help the victims of injustice, misfortune,
poverty and hatred?
~ Do I look down on my neighbors because they are poor,
or sick, or elderly, or strangers, or because they belong to
a different race or culture?
- READER B: ~ Does my life reflect the mission I received at my Baptism?
~ Do I share in and support the apostolic and charitable works
of the Church?
~ Do I give of my time, talent and treasure for the building up
of God's Kingdom?
~ Do I spend time in prayer with God, and in service of others?
~ Do I keep holy the Sabbath by attending Sunday Mass
and by participating in a spirit of thanks and praise?
- READER A: ~ Do I treat others with honesty and fairness at work or school?
~ Do I show compassion in how I exercise leadership and
authority?
~ Do I promote and foster justice, morality and harmony in my
place of work?
~ Do I work to promote the good of society, or am I concerned
only about my own wellbeing?

READER B: ~ Have I become estranged from others through quarrels, insults,
anger or resentment?
~ Have I failed or refused to show mercy?
~ Have I harbored hatred for others, and entertained thoughts
of revenge?
~ Have I been willing to humbly ask for forgiveness, and have I
been humbly willing to forgive?

ALL: Lord Jesus,
you opened the eyes of the blind,
healed the sick,
forgave the sinful woman,
and after Peter's denial confirmed him in your love.
Listen to my prayer:
forgive all my sins,
renew your love in my heart,
and help me to live in perfect unity with my fellow Christians,
that I may proclaim your saving power to all the world.
Amen.